

# The defence of

age/and recovery of youth/

translated by the famous

Clarke. & ryght experte

& medycines, Arnolde

de noua Villa. very *indeco*

profytable for all

men to know

we.



**T**he conseruation of youth,  
and withstandinge of age,  
consisteth in the maintening  
of the powres, the spirites,  
and the naturall hete of the body in  
their state & temperancy, & in the com  
fortyng & repaynyng of them beyng  
defectiue. For so longe as the powres  
the spirites, & the naturall hete of mā  
nes body are not debilitate nor weke  
ned, so longe (I say) nyether shall the  
skin wrinkle, for the debilitie of the na  
turall hete decaynyng, to coldenes &  
drynes through the whiche fode & no  
nryment of the body is corrupted &  
hindyed, is cause of corrugaciō or wi  
bling of the skyn. for the meat beyng  
first digested in the stomache, & then  
soortly after sent in to euery parte of  
the body, is digested againe of the na  
turall hete of the same parte, where it  
is receiued, the yf this naturall hete  
be by any occasyon corrupted, or de  
stroyed, the fode also is set to the same  
place,

place shalbe lykewise corrupted & the  
so ensueth corrugacion of the skyn, &  
hoze heres, as ye may se in the aunty  
ent & aged men, whē they be cold and  
dry, for hozenes cometh of the defect  
of natural hete, the which defendeth  
the body from age, age properly doth  
make man cold and dry and therfore  
they be of lytell blod and the potwys  
and natural hete in the very weke, &  
vnable to connectyng & degellynge of  
meate, wherfore there entereth great  
plenety of humidites & crude rawe hu  
mours, & therfore the .iiij. spites & p.  
iii. degellyngs in age be decayed, & in  
them sayneth the debyltie of hete, &  
this foloweth with p. course of tyme  
the whiche course maye be somewhat  
let & detened by phisicke, & by auoy  
dyng of suche accidentall causes as  
do induce age, as sorow, study, heu  
nes, disperacion, ouermuch benery, la  
bor, trauel, or rest, & when age by any  
of these causes is come, the to ampu

3. ij.

cat

For the cure of the cough by thinges  
appropiat, and for the preservation of  
powders. is no better thing then a sy-  
rupe made of wine & suger, mixt togi-  
ther. iii. partes of wine and. ii. partes  
of suger dronke w<sup>th</sup> fayre water, or bo-  
rage water. this sirupe is both meate  
and drinke, & in it be. ii. thinges con-  
syt togyther, whiche are most frend-  
ly to nature, and when the powers be  
worke they ned: such thinges as may  
corrupt them both meate. dringes, &  
other spytis, & mowyrge medicines  
and this is a very secret thinge. For  
tugacion and reuyling of the thynne  
gorge such thinges, as do cleane and  
make playne & smoth thyn: with cer-  
tayne oyles, waters, & oyntementes.  
Goodlines and trefhemes of colour,  
is by feedinge vpon such meates and  
dringes, as do engendze good & lau-  
dable blod, & are lyght of digestion, &  
by such thinges as do cleane the blod  
coarpted, and the other powers is o-  
uer-

uermeche cuncuacion, or to often let  
tyng of blod, or such other lyke thin-  
ges. These thynges may be amended  
with thus, eatyng of chekyng, & che-  
byn broth, with dreme rest and sleepe,  
and also with swete and Odoryfe-  
rous thynges, and suche other lyke.

**T**hinges engendryng euyl & rot-  
ten flume, be scurres, yfthe, all thyn-  
ges made of mylke, & suche other, of  
the whiche be engendred waterpe hu-  
mours not dygestible in the membres  
& the in the same membres it causeth  
hozenes, and wincles. But amonge  
all other thynges there is nothyng,  
the whiche so strongly doth cause a  
man to loke oldely, as feare, and des-  
peracion. For bycause in that passy-  
on and effectiō, al the naturall herte  
of the body doth resorte inwarde, and  
forsaketh the outwarde partes, and  
that moste cheselye, when the mans  
complection is dysposed to the same,  
and it is the cause that many beynge

A. b.

sof

and amoyed, and dreyed with this  
woolybly Rozmes sodaynly they her  
te wage doze, or whyte.

**A**flowe thyngs that do celyff or put  
away these causes, are chole the ioy-  
ce of pomegranate, a chykelly golde,  
the ioyce of Borage, and of fympto  
rye, and specially gerne and purified,  
and the vertue of the roote of plan-  
tayne, and suche other.

**T**he roten flume is destroyed with  
the ble of Mirabolanes copoled, and  
Alor rosari and Agarike, thyngs to  
be had at the Potheecaries. And that  
wherewith properly both melancoly  
flume be expelled out of the bodye, is  
Eleborus niger, called in Englyshe,  
Beares fote, prepared by by a certay  
ne maner vnto felwe knowen. For in  
the rectyfyinge of the malpiciousnes  
of this herbe, standeth all the secreete  
of his operation. For by hym a man  
shalbe altered fro euyl complexion  
to good, and it refloweth yowth again  
but

but it is not conuenient for helpeate  
bodies & noble cōplexions, and ther  
fore I wyl say lytel of him. Beware  
ye neuer entermeble with this herbe  
withouth the aduysence and coun-  
saile of some experre and well lear-  
ned Physicion.

Also Dianthos composed with su-  
ger, the whiche properly doth consu-  
me all the fleume and melancoly ve-  
yuge in the heade and it taryeth and  
letteth the hoze heeres cozo bozaterh  
and strengneth the senses, and pro-  
longeth the lyfe, and chysely when a  
quantite of it is dysolued in aqua hy-  
te well and craftely made, and som-  
tyme it is dysolued in wyne, and ly-  
eth in it. ii. oz. iii. daies, and the stray-  
ned, & so bled conueniently according  
to the counsaile of a Physicion.

Other thynges also there be, whi-  
che quicken & maketh lussy the body,  
as Diacameron, & irabolany, & the  
holy composed whiche by the phys-  
pettye

pettie do consume and wast the fleu-  
maticke superfluities of the stomache  
and do comforte him, and do claryfy  
the blod, and be of gret force against  
melancoly, and the vse of those do co-  
forte yowth, and causeth a man for to  
ware yonge againe. and defendeth a  
man from hoze heres. Also the deco-  
tion of sene with Diabozaginum,  
and of the whey of Gotes mylke, and  
such other. And one of the chese thin-  
ges, wherby age is defended & youth  
prolonged, is once in a month to ha-  
ue a bomet, to expell the fleumatycke  
humour, and once in a weke to recey-  
ue aclyster, and specially that com-  
posed of the ioyce of Mercury/ Mal-  
woyte/ Elder, and bete with halfe an  
ounce of Peropegara, the whiche is  
a greate secrete.

¶ And also subiection made with pe-  
ropigra, or Cassia fistula, and the ioy-  
ce of freshe roses/ prepare with su-  
ger, is a goodly eater of nature, my-  
ny.



medred hysely, & it is a blessed mydy-  
cyn to make aman soluble, and ther  
with also it cōforteth the pynceppall  
membres in man, & alreth the euyl  
disposicion of mā to good, it openeth  
opilacions oꝝ stoppēges, it cōforteth  
the hert, and clenseth it, and to speke  
of the prayse of this mydyne wolde  
requyre a longe pꝛocesse.

¶ Other thynges also destrovege &  
cōsumyng the humours, which cau-  
se age are those temperat spices kno-  
wen to every booy, Cloves, cinamom  
Aquiritice, & such other, but most pꝛin-  
cipally, when they ar cōsytet & incor-  
pꝛat w good wine, & so beynge syll  
(somwhat watred) receiued & dronken.  
¶ Also it is not vnknowē, howe that  
pyles made of myzcha, be of an excel-  
lence goodnes in the conseruacion of  
heith & lyfe, for it withstandeth putri-  
faction receyfyeth & spureth p whi-  
che is redy to putrifaction, wherfore  
this Myzcha is cōsytet with suete  
thin-

D.I.

thin-

things as beate bodys are interred  
in the hall, so defende the coyle from pu  
trifaction. And the soylays spiced wy  
ne, when it is receiued of man it spe  
deth it selfe abrode in þ partes of the  
body, and comforteth all the partes of  
the body, & dyeth by the superfluous  
humydtes of the body, and also the  
powder of the same spyes oft bled  
with meate prospereth wonderfully.

**N**ow be it, yf the man be of a dry dis  
position, then shal it be nedeful to ad  
ioyne to these spyes, some moze tye  
rate thing, as the ioyce of Pomegra  
nates, Rosewater, Sugar, Lycherice  
Wesyns & suche lyke. Diacameron re  
loseth dygestion lost, & comforteth it  
and Trisera passeth all deelynyng,  
somewhat moze to calidite, the natu  
rall hete then & the meat compege to  
the membes beyng decayed or cor  
rupted, which cometh of putrified co  
lour, forthwith ensueth conuersion  
and othe loyng as ye may se in su  
che

and crumme of youth.

che as at scaby in any parte of they  
body, for that parte beyng infected/  
it semeth riupled and olde skyn. The  
infection beyng once departed again  
the skyn sheweth it selfe saye, smoth  
and yongly, and to those golde prepa  
rate is souerayne, & the wyne of pome  
granat, & this is speciall good for  
the leppy. And this wyne of granates  
taken and receiued howe ye lyst, hath  
properte to extenare the humours, &  
to alay the hete of the liuer, & to com  
forte all partes of mans body offen  
ded with hete, and it is good against  
wekenes of hert, forrefiecth the mouth  
of the stomacke, & conforteth the hert.  
Also Mirabolani, rebuli edditi be ve  
ry good both in hote & colde diseases,  
they comforte the stomacke, and dry  
eth by the superfluous moystnes of  
the same, & besydes this they do help  
the melancolike people/they claryfy  
and make clere the blod & the sperry  
neither is there any thinge moze ex

B.ij.

cel-

**C**elleste for that purpose then these.  
¶ Also Bozage wyne made (in tyme  
that grapes be gathered & pressed) is  
much is principally good for melanc-  
coly, saynte hetted, & mad people, for  
it clenseth the blode & taketh awaye  
euill fantasies, and comforteth all  
the regetyue powers, & encountreth  
all corruption. The electuary also of  
the Spirabolans vsed is a thig right  
often proued and allowed, to the con-  
seruacion of helth and prolonging of  
the lyfe, and to waxe yonge agayne,  
for it comforteth the stomake & ma-  
keth it apt & lusty, and cosumeth the  
watryn's lefte of the soie fode, & the  
vse of this electuary withstandeth age,  
and causeth man to lyue long by the  
helpe of God.

¶ Agayne certayne luffumpgacions  
and saouours made of couenient thin-  
ges, and accordyng as the man nee-  
deth is verpe profytable.

¶ Rathynge also temperately with-  
out

and recovery of youth.

out any great sweetynge so that one  
lye the skyn be mofyfed and clemented  
from fychynes, is holsome and pro-  
fyttable, for thereby the powers are o-  
pened, and the superfluous humydy-  
ties lachynge within the skyn, be wa-  
shed and daryed vp.

**B**ut the vse of good wyne / in the  
whiche such spyces as we haue spo-  
ken of before, haue be siped, and the  
vertue of them in it resolued, tempe-  
rately taken with a lytel water myxt  
therewith in dewe season, shall passe  
and enter in to all the hyd wayes of  
the bodye, and it shall drye vp all the  
euyl humyrities, and comforteth all  
the inward partes, and perfectly doth  
open all maner of opillacions or stop-  
pynges, the whiche is secret for the a-  
parition or openinge of places opilat  
or stopped, causeth the lyuely spyzit  
to runne throughe euerye parte of  
the bodye, and causeth the naturall  
hete for to waxe stronge, and to be of

B. iiij.

great

**¶ To defende of age**

great force, but opylacion of stoppyng  
ge causeth the contrary, for the natu  
rall here beynge conculcate, or stran  
gled, not hauynge fre passage throu  
ghe euery parte, is therby debyltate  
and weakened, and so not sufficiente  
and myghty to seperate the pure fro  
the vnpure, wherupon the superfluo  
us humydities, rotten and putry  
fyed be in the body moche increased,  
and therby consequently ensueth the  
wzynkelyng of the fleshe and chyn  
and age at hande.

**¶** Another also stronge meanethere  
is, to defende age, and for to recouer  
youth agayne, by abstynence, and con  
ueniente forbearynge of your quan  
titye of meat, vnto suche tyme as the  
body be brought very lowe, and ma  
de verye sparre, and then to restooze,  
and noysse it agayne with lawda  
ble holosome and good soode, whiche  
hath a propertye to engendze cleare  
and pure blode.

**¶ This**

and recouerie of youth.

**T**his poynte also do they obserue,  
the whiche make fatte Oren, whose  
fleshe the moze it waxeth leane and  
bare, the moze also dooth it become  
tender and yonge, and the better af-  
terwarde do they lyke & batten, & ye  
may also se the practyse of this i such  
as be lately recouered from syknes.

**B**ut to be short, he that wyl rectify  
his age, and conserue youth, let hym  
not be neglygent in choyng of his  
meat, that it be suche, as may brede  
good clere fat, thicke & viscus blood  
and then may he withstand wel age.

**A**nd when that suche humors  
or moistnes, whiche are in the body,  
and crude humours that are increa-  
sed in man, then hath he neede of such  
thynges whiche do extenuat and ex-  
eat those superfluous moistnes, and  
suche thynges as may dygest the cru-  
de or rawe humours, sincere and de-  
pure the hole bodye.

**A**monge other thynges, suche as  
waxe

**The defence of age**

Waxe aged, haue great neede of cal-  
faction/and humyfaction. that is to  
say, warminge, & moistyng, of boeth  
equally, by meates and drynkes, and  
medycynes conuenient / by fceccyle  
and gladnes.

**A**bove that he may kepe his body  
in suche temperancie, that he may ly-  
ue withoute the horrible daunger  
of greuous spesenys, and the better  
able to serue almyghy God, to who  
be all honour and gloyre. Amen.

**C I I A I I**

**I**mprinted by me Robert  
Wyet, dwellinge in saynt  
Martyns Paryshe, at  
the sygne of saynt  
Iohn Euangelyst, be-  
syde Charynge  
Crosse.

1554